

Abstract

Title: Changes of the fitness indicators during pre – season period of selected football clubs of U15 category

Objectives: The aim of this work was a diagnostic subsequent comparasion of two selected indicators of fitness clubs youth category U15 in the summer pre - season period.

Methods: The research was performed by motor testing. To determine the status fitness indicators and its changes in the pre – season of the two clubs we have chosen five selected motor tests battery by the Football Association of the Czech Republic – tests of strength skills, speed skills, endurance and agility.

Results: Significant change of fitness indicators during pre – season period occurred in one club in two motor tests and in the second one in three motor tests. Although partial changes occurred the assumption of improvement in overall fitness indicators has not been confirmed. The observation period (5 and 8 weeks) to achieve substantial changes is probably insufficient.

Keywords: Managing training, control of fitness, condition, ability to move, motor Tests, pre – season period